

Health, Beauty And The Home

Fish You May Like Better Than If Fresh

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

"WHAT shall I have for dinner tonight?" is a frequent question with every housewife. And so many times she wishes some new animal or bird could be discovered so that she might have something new, such as leopard steak or eagle stew! Planning meals is a monotonous routine unless the housewife makes something of a game out of it, setting herself a new goal each day and trying to create an entirely different type of meal each day of the week.

In her hunt for something new has the housewife entirely exhausted the possibilities of dried and smoked fish, especially in the winter diet? Fish is one of the foods urged by the Food Administration. Many families, however, live inland where it is difficult to obtain a reliable grade of fresh fish. To all such either the canned or smoked fish offers the opportunity for many variations in the daily menu.

One of the best of the smoked varieties is what is called finnan haddock, which comes from Scotland. In reality it is a haddock delightfully dried and smoked. Seen hanging up in the grocery stores it looks like a yellowed wrinkled kite. The fish is solid, exceedingly pleasant flavored and adaptable in many ways. For instance, the meat can be carefully pulled from the dried skin and broiled, making a delicious breakfast dish. It may also be creamed, served on toast

and used as a supper or luncheon dish. There is not as much waste as is the case with fresh fish, thus making it cost less.

The various kinds of dried or pickled mackerel are far too little appreciated by Americans generally. Our own coast of Massachusetts furnishes a form of "bloaters" that is most delicious either fresh or salted or dried. This may be broiled as a breakfast dish, or if served with tomato sauce and boiled potatoes it furnishes all the elements of a complete meal. Such dried mackerel are often sold packed in pails.

In buying any kind of fish always select the largest one you can find, as more meat may be secured from one large fish than two small ones whose total weight is the same. There is always less waste to the large fish of any kind.

Another dried smoked fish that is a native of our own country is salmon. This is well known to campers and hunters, who usually include a large slab of it in their duffle-bag. The meat is extremely flavorful, solid and with no bone. It may be sliced very thin and used cold at luncheon or is most delicious broiled.

Codfish is another native fish, long recognized as extremely high in protein or meat value. It comes dried in many forms, such as the codfish steak, excellent for broiling and breakfast use; shredded codfish, for creaming or for making codfish balls, and flaked codfish for the same purpose. Don't make the mistake of serving codfish always in the same old way, when there are so many appetizing methods from which to choose—codfish balls, codfish au gratin, creamed codfish, etc.

It is from Norway that we learned to make fish balls—those tempting delicacies consisting of pounded fish meat, flour, potatoes and seasoning. These may be secured in canned form, and used with tomato sauce, in a clear soup and other ways. They are most nourishing, and being free from bones or waste of any kind, are extremely reasonable in cost.

Comparatively few homes use canned shrimp or canned crab even once in the weekly menu. Possibly some families think them luxuries. They may have been in the days gone by, but to-day when plain



"Watch the teeth carefully for the first warning of decay."
Photograph Posed by MISS ARLINE CHASE
at CAMPBELL STUDIO.

round steak and roast beef cost what they do, even a pound can of crab meat at 60 cents is not dear. Such cans are packed solid, there are no bones, no skin, no gristle or fat—every bit may be eaten.

Above all do not let your family say, "We don't like this or that," even before they have tried the new food. If other people are using these foods why should not we?

Eating is only a habit influenced by taste. We can change our taste just as easily as we can change any other kind of habit. The person who can eat only a narrow round of familiar foods is limiting the pleasures of his table—and more, he is not getting the full worth of his pocketbook. Why not try a dish of smoked fish for dinner some night this week?

This Way for Perfect Teeth

By Mme. Lina Cavalieri,
The Most Famous Living Beauty.

TO have beautiful teeth and an attractive looking mouth it is necessary that we give them the most fastidious care and attention.

The teeth should be white, or seem white. The unromantic truth is that teeth are never white. They are sometimes yellow, and sometimes gray. Some even have a slightly blue tinge in their composition. But in contrast with the lips they always look white. The more vivid the lips, the whiter do the teeth look in contrast.

The best way to retain the vivid color of the lips is by keeping the bodily health good. If the circulation is defective the lips will be pale. If we become anemic, pallid lips will be one of the first signs of our state. To make them healthily red you must be sure to sleep enough and eat enough nourishing food. Eat often and lightly. That is far better than to eat seldom and heartily. Green vegetables are better than meat for restoring the lost color to your lips.

For the care and preservation of the teeth four things are essential. They are: Proper diet, the right kind of tooth brush, good tooth powders or paste and plenty of sanitary mouth baths.

But your best safeguard is to hunt up a reliable and skillful dentist. Then go to him regularly every three months and have your teeth examined for possible decay spots, and any needful work that should be done to keep them in good condition. Do not grudge the expense or the time. You will be more than repaid by the added gain to your health and appearance.

There often come on the teeth, particularly between them, where food is permitted to lodge, small dark stains, which really are the first warnings or premonitory signs of decay. If allowed to remain, the enamel eventually disintegrates, and we have a cavity, which must then be excavated and filled.

It frequently happens that before this discoloration has advanced to an actual breaking down of the tooth structure, it may very properly and successfully be removed or polished away by the dentist's effective little engine and the sandpaper disc that feels so like a steel file when it is in your mouth.

The honest dentist will do this and restore the tooth to its original color and soundness, after which it may be, with care, indefinitely preserved.

In considering the effect of diet

on the teeth, we must learn to avoid extremes. Never eat anything very sweet or very sour, and do not eat food that is either too hot or too cold. You will find this an excellent rule to observe.

Kentucky people are known for their beautiful firm white teeth. That is because there is so much lime in that region, and whoever eats food impregnated with lime has strong bones and correspond-

ingly strong teeth. But we cannot all live in Kentucky, so we must make up for this by a more careful attention to our diet.

We should have on our table, instead of the unhealthy white breads we are so fond of, more gluten and whole wheat breads. We should also eat more cooked cereals instead of so much cake and sweets. These should be supplemented by various preparations of phosphates to introduce lime into the system. It is the lime in the teeth that will prevent their premature softening and decay.

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Appetizing Menus for the Week						
MONDAY Breakfast Fruit, Cereal, Top Milk, Coffee. Luncheon Creamed Codfish, au Gratin, Baked Potatoes, Stewed Peas. Dinner Roast Pork, Gravy, Rice, Creamed Turnips, Candied Sweet Potatoes, Jellied Philadelphia Relish, Cranberry Pie, Half Cup Coffee.	TUESDAY Breakfast Grapefruit, Honey, Muffins, Jelly, Coffee. Luncheon Cheese Soup, Cranberries, Best Salad, Jellied Loganberries, Tea. Dinner Sardine Canapes, Stewed Chicken, Baked Potatoes, Boiled Onions, Celery Salad, Rice and Raisin Pudding, Coffee.	WEDNESDAY Breakfast Stewed Prunes, Oatmeal, Toasted Muffins, Coffee. Luncheon Onion Souffle, Stewed Tomatoes, Brown Bread, Tea. Dinner Beef Soup, Chicken and Baking Powder, Biscuit Rolls, Spinach, Buttered Carrots, Eggless and Butterless Chocolate Cake, Coffee.	THURSDAY Breakfast Cereal with Dates, Broiled Bacon and Scrambled Eggs, Graham Corn Cake, Coffee. Luncheon Spinach Timbales, garnished with Carrot Cubes, Quick Rolls, Gingerbread, Tea. Dinner Mushroom Soup, Hamburg Steak, Mashed Potatoes, String Beans, Apple Shortcake, Coffee.	FRIDAY Breakfast Cereal, Sliced Bananas, Rice Omelet, Currant Jelly, Coffee. Luncheon Canned Corn Chowder, Crisp Crackers, Fresh Fruit Salad, Tea. Dinner Boiled Fish, Drawn Butter, Boiled Potatoes, Green Peas, Fruit Blanc Manger, Half Cup Coffee.	SATURDAY Breakfast Oranges, Boiled Rice with Raisins, Toast, Coffee. Luncheon Macaroni and Cheese, Apple Whip, Tea. Dinner Bean Soup, Garnish of Sausage Balls, Celery Relish, Brown Bread, Combination Salad (left-overs), Baked Indian Pudding, Half Cup Coffee.	SUNDAY Breakfast Sliced Bananas and Oranges, Potato Waffles, Coffee. Dinner Clear Soup, Smothered Round Steak, Candied Sweet Potatoes, Mashed Turnips or Cauliflower, Cranberry Sherbet, Small Cakes, Half Cup Coffee. Supper Spaghetti Rarebit, Sponge Cakes, Coffee.

Sunday American-Examiner Patterns

A "COVER-ALL" APRON (2728). Cut in 4 sizes: Small, 32-34; medium, 36-38; large, 40-42, and extra large, 44-46 inches bust measure. Size medium will require 5 1/4 yards of 27-inch material.

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